

2002 MANUAL CHANGES

ALL MANUALS

The copyright date on all covers was changed to 2002.

The date on all pages that contain revisions was changed to December 2002. All but a very few have been changed.

The following statement was added to the introduction section:

Because of changes over time as well as differences of interpretation, inconsistencies may appear between the Roundalab Video Phase Tapes and the Roundalab Phase Manuals. In such instances, the Phase Manuals should be taken as containing the most up to date material available.

ROUNDALAB contact information was reformatted to better reflect the international nature of the organization.

For better readability the format of presentation has been changed on multi-measure figures to have each measure on a separate line if multiple lines are required.

Hundreds of "Minor" corrections of typographical, grammar, spelling, sentence structure, alphabetical order and format errors were made. If a detailed list is required, contact Larry Warner, Chairman Maintenance S & P Database.

Double spacing between entries was expanded to include the Actions/Movements sections of all Phase manuals and the Glossary.

PHASE I

PHASE II

PHASE III

Rumba

Corte and Serpiente added as Yet to be defined figures.

PHASE IV

Foxtrot

Back Three Step figure added.

+Back Three Step

SQQ;

bk 3 stp

BK, -, BK, BK;

(FWD, -, FWD, FWD);

Back Three Step

MAN: Starting with right foot, back three passing steps.

WOMAN: Starting with left foot, forward three passing steps with a heel lead on steps 1 and 2 rising to toe on step 3.

NOTE: May start in closed or banjo positions ending in closed position.

Tango

The figures Argentine Basic, Doble Cruz and Slow Ochos were added. The "To Be Defined" figure Ochos was deleted.

+ Argentine Basic

Different beginning steps as well as different ending steps will be variations of the Argentine Basic.

1. ** Left Foot Basic

2. + Right Foot Basic

SS; QQS;

R ft bas

Right Foot Basic

BK TRN, -, SD & FWD, -; FWD, FWD, CL, -;

(FWD TRN, -, SD & BK, -; BK, BK, XIF), -;

MAN: Back right with a slight left face turn, -, side and forward left to BJO, -; forward right in CBMP, forward left, close right to closed position, -;

WOMAN: Forward left with a slight left face turn, -, side and back right to BJO, -; back left in CMBP, back right, cross left in front of right to closed position, -;

NOTE: Figure usually turns 1/8 to 1/4 to the left.

3. ** Simple Basic

4. ** Swivel Basic

+Doble Cruz

SQQ; QQQQ;

none

Doble Cruz

FWD, -, THRU, SD; XIB, RONDE, XIB, BK;

(FWD, -, THRU, SD; XIB, RONDE, XIB, FWD);

MAN: Forward left to semi-closed position, -, thru right, side left to closed position; cross right in back of left, ronde left, cross left in back of right starting a 1/4 left face turn, back right to contra banjo position;

WOMAN: Forward right to semi-closed position, -, thru left, side right to closed position; cross left in back of right, ronde right, cross right in back of left starting a 3/4 left face turn, continue turn forward left to contra banjo position;

NOTE: Figure usually begins in left open position.

| | | |
|--------------|---|------------|
| + Slow Ochos | slo ochos | Slow Ochos |
| SS; SS; | BK, -, DRAW & TCH WOMEN'S FT, -; -, -,TCH, -; | |
| | (FWD, -, SWVL, -; FWD, -, SWVL), -; | |

MAN: Back left, -, draw right touching woman's foot leading woman to swivel, -;
hold, -, touch right to left leading woman to swivel, -;
WOMAN: Forward right, -, swivel right face on right collecting left, -; forward left, -, swivel left face on left collecting right, -;
NOTE: Figure usually begins in contra banjo position.

Waltz

The figures Open Finish and Viennese Cross were added.

| | | |
|--------------|--------------------------|-------------|
| +Open Finish | op fin | Open Finish |
| 1,2,3; | BK, SD & FWD, XIF; | |
| | (FWD TRNG, SD & BK, BK); | |

MAN: Back right turning left face, side and forward left, forward right outside partner to CBMP;
WOMAN: Forward left turning left face, side and back right, back left to CMBP;
NOTE: Figure may turn as little as 1/8 or as much as 1/2 left face.

| | | |
|------------------|----------------------------|----------------|
| + Viennese Cross | vien X | Viennese Cross |
| 1,2,3&; | THRU, FWD TRN, SD/XIF; | |
| | (THRU TRN, BK TRN, SD/CL); | |

MAN: Thru right with left face upper body rotation, forward left commencing a left face turn, side right continuing left face turn/cross left in front of right;
WOMAN: Thru left turning left face to closed position, back right commencing a left face turn, side left continuing left face turn/close right to the left;
NOTE: Figure usually begins in semi-closed position and ends in closed position.
Other variations of timing may also be used.

PHASE V

Foxtrot

Contra Check and Slip and Contra Check and Switch figure definitions revised.

| | | |
|---------------------------------|-------------------------|---------------------|
| ## Contra Check and Slip | contra ck & slp | Contra Check & Slip |
| SQQ; | CK FWD, -, REC, SLP BK; | |
| | (BK, -, REC, SLP FWD); | |

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -, recover right, slipping left back past right under the body with up to 3/8 right face turn;
WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to left, -, recover left, slip forward right under the body with up to 3/8 right face turn;

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## Contra Check and Switch
SQQ;
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contra ck & swch Contra Check & Switch
CK FWD, -, REC, TRN & BK;
(BK, -, REC, TRN & FWD);

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -, recover right commence strong right face turn leaving left foot almost in place, continue strong right face turn recover left soft knees throughout with up to 5/8 right face turn;

WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to the left, -, recover left commence right face turn leaving right foot almost in place, continue right face turn recover right between man's feet with soft knees throughout with up to 5/8 right face turn;

Jive

West Coast Swing figure Alternating Underarm Turn moved from Phase VI.

Quickstep

Contra Check and Slip and Contra Check and Switch figure definitions revised.

Contra Check and Slip

contra ck & slp Contra Check & Slip
CK FWD, -, REC, SLP BK;
(BK, -, REC, SLP FWD);

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP , -, recover right, slipping left back past right under the body with up to 3/8 right face turn;

WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to left, -, recover left, slip forward right under the body with up to 3/8 right face turn;

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## Contra Check and Switch
SQQ;
```

contra ck & swch Contra Check & Switch
CK FWD, -, REC, TRN & BK;
(BK, -, REC, TRN & FWD);

MAN: Commence left face upper body turn flexing knees with strong right side lead check forward left in CBMP, -, recover right commence strong right face turn leaving left foot almost in place, continue strong right face turn recover left soft knees throughout with up to 5/8 right face turn;

WOMAN: Commence left face upper body turn flexing knees with strong left side lead back right in CBMP looking well to the left, -, recover left commence right face turn leaving right foot almost in place, continue right face turn recover right between man's feet with soft knees throughout with up to 5/8 right face turn;

Tango

Contra Check and Slip and Contra Check and Switch figure definitions revised.

| | | |
|---------------------------------|-------------------------|---------------------|
| ## Contra Check and Slip | contra ck & slp | Contra Check & Slip |
| SQQ; | CK FWD, -, REC, SLP BK; | |
| | (BK, -, REC, SLP FWD); | |

MAN: Commence upper body turn to the left flexing knees with strong right side lead check forward left in CBMP, -, recover right, slipping left back past right under the body with up to 3/8 right face turn;

WOMAN: Commence upper body turn to the left flexing knees with strong left side lead back right in CBMP looking well to the left, -, recover left, slip forward right under the body with up to 3/8 right face turn;

| | | |
|----------------------------|----------------------------|-----------------------|
| ## Contra Check and Switch | contra ck & swch | Contra Check & Switch |
| SQQ; | CK FWD, -, REC, TRN & REC; | |
| | (BK, -, REC, TRN & REC); | |

MAN: Commence upper body turn to the left flexing knees with strong right side lead check forward left in CBMP, -, recover right commence strong right face turn leaving left foot almost in place, continue strong right face turn recover left soft knees throughout with up to 5/8 right face turn;

WOMAN: Commence upper body turn to the left flexing knees with strong left side lead back right in CBMP looking well to the left, -, recover left commence right face turn leaving right foot almost in place, continue right face turn recover right between man's feet with soft knees throughout with up to 5/8 right face turn;

PHASE VI

Actions/ Movements

Tumble Turn moved from Movements to Actions as Tumble.

Foxtrot

Tumble Turn added.

| | | |
|---------------|------------------------------|-------------|
| + Tumble Turn | tumble trn | Tumble Turn |
| SQ&Q; | BK TRN, -, SD/FWD, FWD PVT; | |
| | (FWD TRN, -, SD/BK, BK PVT); | |

MAN: Back right turning 1/4 left face, -, side left/forward right outside partner using strong CBMP rising, continue left face rotation with right side stretch forward left lowering with left face pivoting action;

WOMAN: Forward left turning 1/4 left face, -, side right/back left outside partner using strong CBMP rising, continue left face rotation with left side stretch back right lowering with left face pivoting action;

NOTE: Starts in closed position or CBMP. Ends in closed position. Total turn is approximately 3/4 to a full turn.

Jive

West Coast Swing figure Alternating Underarm Turn moved to Phase V.

Quickstep

The figures Telespin to Banjo Position, Telespin to Closed Position and Tumble Turn added.

Telespin to Banjo Position

SQQ&;

QQS;

telespn to BJO

FWD TRN, -, FWD & SD TRN, SD & BK/SPN;

CONT SPN, SD TRN, SD & FWD, -;

(BK TRN, -, HEEL TRN, TRN FWD/FWD;

FWD TRN, TOE SPN CL, SD & BK), -;

Telespin to Banjo

MAN: Forward left commencing left face turn [with a right side stretch], -, forward and side right continuing left face turn [continue right side stretch], side and back left with partial weight keeping left side in toward woman [with right side stretch]/with partial weight commence left face body turn; taking full weight on left spin left face, side right continue left face turn [no sway], continue left face turn side & forward left to banjo position diagonal line of dance and wall, -;

WOMAN: Back right commencing left face turn, -, bring left to right starting a heel turn and gradually change weight to left continuing left face turn, forward right continuing left face turn/keeping right side in toward man forward left; forward right commence left face toe spin, continue toe spin close left, side & back right to banjo position, -;

NOTE: Starts in closed position facing diagonal line of dance and center of hall and ends in banjo position facing diagonal line of dance and wall. Normally figure turns 1 3/4 left face. Woman may keep head left throughout or may turn it right on third step and back to left for closing step.

Telespin to Semi-Closed Position

SQQ&;

QQS;

telespn to SCP

FWD TRN, -, FWD & SD TRN, SD & BK/SPN;

CONT SPN, SD TRN, SD & FWD, -;

(BK TRN, -, HEEL TRN, TRN FWD/FWD;

FWD TRN, TOE SPN CL, SD & FWD), -;

Telespin to Semi-Closed

MAN: Forward left commencing left face turn [with a right side stretch], -, forward and side right continuing left face turn [continue right side stretch], side and back left with partial weight keeping left side in toward woman [with right side stretch]/with partial weight commence left face body turn; taking full weight on left spin left face, side right continue left face turn [no sway], continue left face turn side & forward left to semi-closed position diagonal line of dance and wall [with right side stretch], -;

WOMAN: Back right commencing left face turn, -, bring left to right starting a heel turn and gradually change weight to left continuing left face turn, forward right continuing left face turn/keeping right side in toward man forward left; forward right commence left face toe spin, continue toe spin close left, side & forward right to semi-closed position diagonal line of dance and wall [with left side stretch], -;

NOTE: Starts in closed position facing diagonal line of dance and center of hall and ends in semi-closed position facing diagonal line of dance and wall. Normally figure turns 1 3/4 left face. Woman may keep head left throughout and turn to open on last step or may turn it right on third step and keep it open.

+ Tumble Turn
SQ&Q;

tumble trn Tumble Turn
BK TRN, -, SD/FWD, FWD PVT;
(FWD TRN, -, SD/BK, BK PVT);

MAN: Back right turning 1/4 left face, -, side left/forward right outside partner using strong CBMP rising, continue left face rotation with right side stretch forward left lowering with left face pivoting action;

WOMAN: Forward left turning 1/4 left face, -, side right/back left outside partner using strong CBMP rising, continue left face rotation with left side stretch back right lowering with left face pivoting action;

NOTE: Starts in closed position or CBMP. Ends in closed position. Total turn is approximately 3/4 to a full turn.

Waltz

Tumble Turn was added.

+Tumble Turn
1,2&,3;

tumble trn Tumble Turn
BK TRN, SD/FWD, FWD PVT;
(FWD TRN, SD/BK, BK PVT);

MAN: Back right turning 1/4 left face, side left/forward right outside partner using strong CBMP rising, continue left face rotation with right side stretch forward left lowering with left face pivoting action;

WOMAN: Forward left turning 1/4 left face, side right/back left outside partner using strong CBMP rising, continue left face rotation with left side stretch back right lowering with left face pivoting action;

NOTE: Starts in closed position or CBMP. Ends in closed position. Total turn is approximately 3/4 to a full turn.

PHASE RELATED FIGURES BY RHYTHM

None

INDEX

The index has been completely cross checked. This is no guarantee to perfection, but it is far more accurate than before. A lot of additions were made to correct previous omissions and add references to all changes made in the other manuals. Progressive Back Fans and Progressive Tango Rocks were removed.

GLOSSARY

The positions Aida Line and Pickup were added.

***Aida Line**

none

Partners are in 'V' Back-to-Back Position with the man's left and the woman's right hands joined extended forward and the free arms extended out to the side or up and out. Each partner is looking forward with the man standing on his right foot and woman standing on her left foot with the free foot extended forward. A slight pressing action may be used. The position may be shaped with the man's right and women's left hands joined and the man standing on his left foot and the woman standing on her right foot.

Pickup

PU

Partners in Closed Position, man facing Line of Progression.

The definition of Sway was changed to "See Phase IV Actions".

A definition of "Away" was added to correct an oversight.

Away

awy

Movement from partner with progression.

A definition of Stretch was added.

***Stretch**

none

The elongation of the body, generally one side more than the other.

A definition of Smile was added.

***Smile**

none

The raising of the corners of the mouth.

NOTE: As the level of concentration increases, this action may become more difficult to perform.

ABBREVIATIONS

The Punctuation section was revised to put the punctuation symbols in standard ASCII order.

A large number of corrections were made in the area of CAPITALIZATION to assure that all position abbreviations are in capital letters.

All abbreviations were cross checked to the text in all other manuals and abbreviations used in the text and not previously listed in the Abbreviations manual were added.

Abbreviations for Pickup Position (PU) and Facing Position (FCG) were added.